

"TO SWIM OR NOT TO SWIM?"

Swimming while sick with diarrhea can easily get your teammates sick

Protect Against Crypto

- If you have diarrhea don't swim for 2 weeks.
- Do not swallow or get pool water in your mouth.
- Shower with soap & water before swimming; focus on washing your bottom.
- Take regular bathroom breaks.
- Wash your hands with soap & water after using the bathroom.



What is Crypto?

- Crypto is a parasite that lives in the intestine of an infected person.
- Crypto causes watery diarrhea along with dehydration, weight loss, stomach pain, fever, nausea and vomiting. Symptoms last for 1 - 2 weeks.
- Crypto is one of the most common causes of waterborne disease in humans in the United States.